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FARMER, Mrs. William M. D. D.

MRS. FARMER'S
Champion Health
Cereal Blend
Bread Book



THE ORIGINAL RECIPES
OF A
PRACTICAL COOK

(Copyrighted)

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Foreword

This little booklet is published at the request of those who have been using my "Champion Health Cereal Blend, the formula for making which I called in some time ago, for two chief reasons. First, where coarse breads are being used for dietetic purposes it is of utmost importance that the physician prescribing them knows exactly what they contain, and how they are made up. Second, it is cheaper to blend the cereals at home, and assures one of proper proportions and materials.

These recipes contain some new ideas in bread making for those who know how to make bread, will be of valuable assistance to those who are learning, and the book on the whole will be especially appreciated by the members of "The Mothers Want to Know Why" Club.

Respectfully,

LILLIAN VAN ORNUM FARMER,

No. 312 Harvard Avenue North,

Nov. 12, 1915.

Seattle, Washington.

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Scientific Bread

There is no word in the English language today that is more misunderstood, overworked, misapplied or imposed upon than the word "Scientific." This is lamentably true where it is used often times to qualify foods.

Anyone who has anything to trade, barter or sell in the way of food, or anything else for that matter, will find it greatly to his advantage if he can tack the word "Scientific" to it, and he generally does.

It is the worm he baits his hook with in fishing for business, and we poor fish swallow it hook, line and tackle, without question. Such is the homage we pay to science in this truly scientific age.

The word "Science," says the dictionary, "in its broadest sense, means knowledge and learning. In a more restricted sense it has come to be differentiated from all other branches of accurate knowledge, as pertaining to natural phenomena and the relations between them."

Scientific foods are natural foods in nature's own combinations; and natural foods are chiefly grains, fruits, vegetables, milk, eggs and the flesh of certain animals. There is nothing that the mind or ingenuity of man can conceive or concoct that will ever "out science" nature in the production of food for man or beast. The chemist may reduce a food to its elements, determining just how much proteid, carbohydrate, fat, mineral matter and water it contains, but he cannot reassemble those elements whole, or in part, in a food that will equal that of original, natural form.

Disorganized foods will fail their purpose as foods, just as the disorganized phosphates, nitrates, laxatives, etc., of the chemist's laboratory have failed theirs as medicines. Physicians the world over are recognizing the therapy of foods in the treatment of disease, prescribing nature's own remedies, as nature seems to have ordained, in the food we eat. Mother nature is bountiful and prolific in providing food for her children, and simple, ordinary, untampered with, natural foods are not only the most scientific "health" foods, but are also the cheapest foods the world over. The "Science of Common Sense" will help us to see how in the

matter of "health foods" we "strain at a gnat and swallow a camel."

There is no animal in a natural state that will habitually feed upon a thing not intended by nature for its use, and a wonderful instinct which rarely fails it, tells it what to select for its particular needs. Man alone gorges himself on things he knows not of, prepared in ways he cares not of, as long as it pleases his sight, his taste and his appetite. If he had the same blind confidence in all humanity that he has in his grocer, his butcher or his cook, there would be no need of laws or religions, and this world would be an ideal place to live in. In his business dealings he requires iron-bound contracts; he would not think of taking his banker's word for it that a roll of bills contained a stated sum, until he had counted it over in his presence; but he will stop at a grocer's and buy a package of somebody's "scientific" "near-food" on the grocer's assurance that it is a "wonderful seller" and the most widely advertised food of its kind, take it home, turn it over to some Bridget or Gretchen, Sambo or Ah Sing cook, to be served up to him, and he eats it without giving a thought as to its fitness for human food. We give little heed to what we eat in times of health and prosperity, as long as we have what pleases us. It is only when sickness or adversity overtakes us that we give our food any intelligent or serious thought, from a physiological or economic standpoint.

In the wake of dietetic enlightenment have followed scores of alleged "health" foods and fads. By far the most important of these are the so-called health breads, since bread, in a broad sense, forms the basis of human nutrition among all civilized nations.

The art of bread-making is very ancient. Historians date its origin as far back as the stone age, when primitive man was said to have crushed the seeds of grasses between hard surfaces, and mixing the resultant meal with water, formed it into rude cakes, which were baked upon hot stones or in the ashes.

Bread is undoubtedly the first prepared food of man and probably marks the beginning of the evolution of the human race from the beast-like raw meat eating stage of existence.

Be-that-as-it-may, bread-making was known to the early Egyptians, Hebrews, Greeks and other nations. The Egyptians are known to have carried the art to high perfection, and white bread was eaten by the rich. They were the first to cultivate grains for food, barley being of most primitive culture.

From the coarse, unleavened cakes of primitive man, bread has evolved into the white, fine-grained loaf of today.

It has evolved from a point of appearance, lightness and whiteness, but has degenerated from a point of nutrition. The modern miller, in making white flour, rejects some of the vital constituents of the wheat. With the germ, proteid and fat are lost, and the valuable mineral matter and some proteid are discarded with the bran. An authority states that white bread cannot be regarded as a perfect food since the proportion of proteid to carbohydrate is too low.

Where bread forms the staple article of food, as it does in many households, this lack of proteid is a serious drawback. Where the proteid is supplied in meat, eggs, milk, cheese or other foods white bread is not objectionable, and perhaps is to be preferred with an ordinary mixed diet.

A truly scientific "staff of life" bread is a bread that shall contain all of the food constituents of the grains from which it is made.

Wheat and corn are two of a few natural foods that contain within themselves all the elements required for bodily needs.

Coarse bread, properly made, is one of the most healthful and nutritious, as well as one of the cheapest of foods. Where so-called "health" breads have failed as such, I think it can be demonstrated beyond a question of doubt, it has been chiefly due to the fact that they were not made up properly, and only out of coarse flour and cereals.

Some white flour is necessary in order to make a perfect bread from a dietetic standpoint. Dough made up entirely of whole-meal flours lacks consistency or "tightness," and most of the gas generated by the action of the

yeast or other leaven escapes, leaving a heavy, soggy, indigestible loaf. There is a popular fallacy that all "health" breads worthy of the name must be very dark in color. The public demands it, and the accommodating baker darkens his bread with cheap, black molasses, burnt sugar or other coloring matter. To rye bread dough he adds, if he is not over scrupulous, powdered charcoal, to give it the desired black appearance. A baker once assured me that very little rye flour need be used by this method of imitating its color. The practice of artificially coloring breads is so common, I doubt if the average baker is aware that it detracts greatly from the wholesomeness and digestibility of the bread; bread made from whole meal flours, with the exception of rye, is comparatively light in color. Since public bakeries were first introduced, laws have been enacted to prevent adulteration, and the use of alum, sulphate of copper, lime and other "improvers" in bread. A writer says that in Austria in the seventeenth century, bakers who failed to comply with regulations respecting the sale of bread, were liable to fine and imprisonment, and even corporal punishment.

That in Constantinople in the eighteenth century it was usual to hang a baker or two, when bread went to famine prices. That in Turkey and Egypt the baker who sold light weight or adulterated bread was barbarously punished by being nailed by the ear to the door-post of his shop.

The modern baker has little to fear from too rigid an inquiry, as to what goes into his bread in the making.

"Trade secrets" are respected these days, and he is only asked to conform to certain regulations regarding sanitation. It would not be fair to imply that all bakers are dishonest and use dangerous adulterants, but that many of them do is admitted by the better class of bread dealers.

It is not possible for everybody to have home made bread, and those who eat baker's bread would do well to inform themselves that it does not contain substances injurious to health. Alum, or its substitutes, when added to the dough, act as a brace or steadier to unstable gluten, says one authority. By retarding the degradation of the gluten, it checks diastasic action, and the proportion of starch con-

verted into grape sugar is reduced, with the result that a whiter, more porous, loaf is produced. By its use, good looking bread may be baked from flour which otherwise could hardly be made into bread at all. It also increases the water retaining power of the dough, and enables dishonest, unscrupulous bakers to sell a loaf at a required weight, at a greater profit.

Bread thus treated is admittedly unwholesome and indigestible. Baker's bread at best, however, is a poor substitute for good home-made bread.

It is invariably over-fermented, and necessarily so. In raising dough in hundreds of pound lots, a very strong and active ferment must be used in order to get it into the oven in a specified time. The average baker does not cook his bread as thoroughly done as does the housewife, for by so doing he reduces the weight of his loaf by evaporating too much moisture. Underdone bread, in which all of the yeast cells have not been killed, becomes a menace to digestion, as the cells go on reproducing in the stomach, causing "heart burn," gas, bloat, etc. These are a few of the reasons why physicians invariably warn mothers against feeding baker's bread to young children, and unless it is thoroughly toasted it is absolutely unsafe to be given them. A prominent physician is quoted as saying that nine-tenths of the ill's flesh is heir to are caused directly or indirectly by indigestion.

This may or may not be true, but I think it is not an exaggeration to say that nine-tenths of the cases of indigestion are caused primarily by improperly made, underdone, or over-fermented bread. Bread is the one common food of rich and poor alike, a food that most of us eat three times a day, every day in the year. If there is anything dietetically wrong with it, it can readily be seen how great a menace to health it may become. The "health" breads of the present time are a modification of the bread of primitive man. By adding the coarser flours and cereals to white flour, we restore the nutrition of the grain in full, and by introducing yeast plants into the dough, the bread is made light, and more easily digested. It is the problem of nations today to evolve a bread that shall be a complete food in itself. This it is possible to do with the possible exception of fat. This may be added to the dough in the

shape of lard or other shortening. Since bread is usually eaten with butter, the deficiency is perhaps best supplied in this way.

It is a deplorable fact that the average miller, as well as baker, is very apt to regard "health" breads as a fake or a fad. The poorest grades of grain, blighted, aborted or damaged wheat, that cannot be utilized in making white flour, are often turned into "health-food" materials. This may help to explain why many "scientific" health foods and breads fail their purpose.

Domestic Science study is revolutionizing things culinary in many households throughout the land. Housewives are awakening to the fact that they have shifted the responsibility of their kitchens all too long, and in most part to the most ignorant, incompetent classes of all nations. The housewife of the future will not be the "easy mark" for unscrupulous tradesmen the housewife of the past has been. She is not only learning what foods are best for her family, and how to select and prepare these foods, but is also being taught how to make her own chemical tests for injurious adulterants.

One cannot help but suspect that many of our mothers and grandmothers were more scientific in the feeding of their families than we modern mothers have been. They could not have been all wrong, as some would have us believe, or they could not have raised the large, healthy families many of them did. True, they knew nothing about "calories" or of the particular need of proteid, carbohydrates or fat in food, but they fed their children on simple, natural foods, prepared in most part, in simple, wholesome ways, and *they baked their own bread.*



General Directions in Bread Making

I am often asked how to make bread out of our local Western flour. I use it altogether, preferring it for the following reasons: It is conceded to have more flavor than flour made from hard wheat, and makes excellent bread, requiring less yeast, and is less trouble to make. It is cheaper, and answers all purposes, doing away with the necessity of keeping a special pastry flour on hand. It cannot be excelled as a foundation for coarse breads, and most any brand of our local soft wheat flour will be found to work well with the recipes given here. When hard wheat flour is used, the best results will be obtained, perhaps, by using a little more yeast and setting the bread by the batter sponge method, using less flour in the final mixing, making into a softer dough, as hard wheat flour absorbs more water than soft wheat flour.

This leads many to believe hard wheat flour goes further, but the additional yield of loaves is due to water, not bread weight.

In botany we learn that yeast is a cellular plant, and that planting consists of placing under favorable conditions for growth. The kind, character and quantity of yeast used is of utmost importance in the making of good bread. Where too much or too strong a yeast is used, the bread is apt to be more of a scientific success from a botanical, than from a gastronomic standpoint.

Old-fashioned potato yeast is the best for making sweet, wholesome bread, but it should be made fresh for each baking in the summer, and not renewed more than two or three times in winter.

The habit of keeping a starter from time to time is not advisable, as bacteria develop, causing a sour, ill-smelling bread sooner or later.

Compressed yeast is stronger and more active than potato yeast, and if not absolutely fresh will make a sour, over-fermented bread, about half the quantity ordinary compressed yeast recipes call for can be used with

better results as far as the digestibility of the bread is concerned. A recipe frequently given for making a "quick method" bread, calls for two compressed yeast cakes to a quart of water.

A quart of water makes about four pounds of bread, and two yeast cakes will make sixteen or twenty pounds of good bread.

Quick method breads are not to be advised as a regular thing, but may be made occasionally for sake of convenience.

Bread is sweeter and more wholesome set at night with less yeast and given from nine to twelve hours to mature. It is also less work than day bread, being ready to work down in the morning and put in pans, and may be baked off while one is washing up the breakfast dishes.

A maple-wood or heavy crockery bowl is best to set bread in, as they retain heat better than graniteware or tin receptacles. The bread bowl should never be set in warm water to hasten the action of the yeast. The heat is unevenly distributed around the dough and it is practically impossible to keep the water at an even temperature. Forced bread is never very satisfactory from any point of view. Nor should bread dough be closely wrapped in heavy cloths or paper, as the gases generated by the action of the yeast are closely confined in the bowl, resulting often times, in a sour-tasting, bad-smelling bread.

It is best to leave a vent between the covering of the dough and the bowl that contains it. Care should be taken that the dough does not become overheated while raising. The fear of its being chilled prompts many amateur cooks to set it on the warming oven of the range or on a steam radiator. I find more bread is spoiled by being kept too hot than is spoiled by being chilled. Chilled dough can be brought to life if set in a moderately warm place out of drafts, if the yeast in it was vigorous at the beginning, but once that it is overheated or scalded by being set in too hot water, it will be a flat failure. Atmospheric conditions affect the raising of bread. On a wet or foggy day when the air is filled

with moisture the dough will be slower in raising. Much steam escaping in the kitchen from boiling clothes or water will tend to delay its "coming up" also.

Strictly health-breads should never contain molasses or brown sugar. These additions not only aggravate kidney troubles, but are said to cause them, if eaten regularly.

"Slack" dough breads are not advisable, as they are invariably heavy and soggy. Enough white or fine whole wheat flour should be added to give consistency to the mass, that the bread may be light and more easily digested. Bread baked in round tins is better than bread baked in square or oblong tins, as the heat is more evenly distributed around the loaf.

It is to be remembered that a recipe is only a guide, and many of the minor details upon which the full success of the bread depends must be worked out by practice and experience.

Potato Yeast

Wash a medium sized potato, and grate raw, skin and all. Add two tablespoons of sugar. Have boiling water ready and pour over at once sufficient water to make about the consistency of thin starch. Cook for several minutes, stirring constantly to keep from burning. When cooled to luke-warm, add a dissolved dry yeast cake and set in a moderately warm place to raise. It will be ready for use when the potato raises to the top, which will be in about eight or ten hours.

Another good way to make yeast is to boil and mash a good sized potato in a quart of water; add two tablespoons of sugar. When cooled to luke warm, stir in the dissolved dry yeast cake, and let raise as in first recipe.

Formula for making "Mrs. Farmer's Champion Health Cereal Blend" is as follows:

- 10 lbs. Graham Flour
- 3 lbs. Cracked Wheat
- 2 lbs. Cornmeal (yellow preferred)
- 1 lb. Hominy Grits
- 1 Package Sterilized Bran.

Put all the cereals in a large vessel and thoroughly mix together with the hands. It is then ready for use. This formula makes eighteen pounds, of cereal blend, and may be blended in half portions if one does not care to have so much on hand at once. Cracked wheat and hominy grits may be bought in bulk at most any grocers in the exact quantity needed.

To make the bread, thoroughly scald mixing bowl and put in 3 pints of luke-warm water

- $\frac{3}{4}$ cup of sugar
- 1 tablespoon salt
- 4 tablespoons olive or vegetable oil or 2 rounded
tablespoons butter, lard or other shortening
- 2 cups of potato yeast or
- 1 cake of compressed yeast dissolved in 2 cups
of warm water.

Stir in four cupfuls of the Champion Health Cereal Blend and add sufficient white flour to make a batter the consistency of muffin dough. Beat hard for several minutes, then add enough white flour to make into a fairly firm loaf. Grease over, and let raise over night. In the morning work down and let raise again. When light, form into pound and a half loaves, which may be let raise to double the bulk, and bake in a moderate oven an hour to an hour and a quarter.

Rolls made from this dough are excellent and should be rolled thin, not more than a quarter of an inch thick. Cut out as ordinary biscuits and bake in muffin tins or cut in oblong lengths, three or four inches long by an inch wide and bake when light, from twenty-five to thirty-five minutes.

Health Bread No. 2

Use the above recipe, substituting finely ground whole wheat flour for white flour if an entire coarse-meal bread is desired, using a little more yeast. An extra cup of potato yeast or $\frac{3}{4}$ of a cake more of compressed yeast.

Hard Tack

An ideal hard-tack or "war" bread may be made as follows:

- 1 quart of luke-warm water
- 1 cup potato yeast or
- 1 compressed yeast cake dissolved in 1 cup of water
- 2 rounded tablespoons of butter or lard
- 1 level tablespoon of salt
- $\frac{1}{2}$ cup of sugar.

Scald mixing bowl, put in water and other ingredients, and stir in 2 cups of the Champion Health Cereal Blend. Finish with whole wheat flour, kneading into a very stiff loaf. Grease over and let stand over night. Work down once in the morning and when raised the second time, roll out as for cookies. Cut into square or round crackers and prick over the tops of each with a silver fork. Put into dripping pans and let stand in a moderately warm place for an hour. Bake a golden brown. It requires from twenty to thirty minutes to cook them thoroughly. Use no grease on the crackers or the pans they are baked in. They will keep indefinitely if thoroughly dried out after baking and packed away in jars. Should be kept in a dry place. They are especially good for children, as they compel thorough mastication and are rich in nutrition, as well as mineral salts, so necessary for teeth and bone development.

The Champion Health Cereal Blend makes excellent breakfast porridge. It should be mixed with cold water before adding boiling water and cooked from two to three hours. It can be cooked at night in a double-boiler, or in a fireless cooker, for the next morning.

It is excellent for Boston Brown Bread, steamed fruit puddings, etc.

"Poor Man's Bread"

A Good "War" Bread

Five cups luke-warm water; 3 cups potato yeast or $1\frac{1}{2}$ cakes of compressed yeast dissolved in three cups warm water; $\frac{3}{4}$ cup of sugar; 1 rounded tablespoon salt; 2

rounded tablespoons lard or butter; 3 cups corn meal; 1 cup of cracked wheat; 2 cups of graham flour; white flour to finish kneading into firm dough. Set over night, and bake as directed in Health Bread recipe.

White Bread

Five cups of luke-warm water in which a small sized potato has been boiled or mashed; $1\frac{1}{2}$ cups potato yeast or 1 compressed yeast cake, dissolved in 1 cup warm water; 4 tablespoons sugar; 1 level tablespoon salt; 1 rounded tablespoon lard or butter, or four tablespoons olive or vegetable oil; $\frac{1}{2}$ cup cream of wheat, farina, wheat hearts or white corn meal.

Thoroughly scald mixing bowl. Put the $\frac{1}{2}$ cup of cereal in the bowl and pour over it 2 cups of the potato water, which has been brought to the boiling point. Add the rest of the water and other ingredients, being sure the mixture is cooled to luke warm before adding the yeast. Sift in flour and beat hard for a few minutes with a perforated spoon while it is in the batter stage. Make up at once into a firm loaf, grease over and let set over night. Work down once in the morning, and when light shape into loaves which should be put into a moderate oven when a little less than double in bulk and bake from forty-five minutes to an hour.

Make parkerhouse or finger rolls out of this dough, or bake biscuits in muffin pans and you will be pleased with the result.

White Health Bread

Use the white bread recipe, adding a cup of cracked wheat and a cup of the farina, or the other cereals named.

The same white bread recipe may be used for Graham or whole-wheat bread, using a third of the graham flour to two-thirds white.

Two-thirds whole wheat flour to one-third white. A cup of bran may be added to either of these breads with pleasing results. Bran, however, should never predominate in bread. It is valuable chiefly for the mineral salts it contains and for supplying waste, but too much bran is apt to act as an irritant to delicate stomachs.

Baking Powder Biscuits

Sift two cups of flour into the mixing bowl. Cut in a rounded tablespoon of butter or lard; add a level teaspoon of salt and sift in last, two rounded teaspoons of baking powder. Add sufficient milk to make a soft dough that can be handled without trouble.

Roll out a little less than half an inch in thickness, cut into small biscuits, wet the top of each with milk and bake at once in a fairly quick oven, from ten to fifteen minutes.

Corn Meal Muffins

Stir one and one one-half cups of corn meal into two cups of milk and let stand for an hour or two. Melt a rounded tablespoon of lard or butter in half a cup of boiling water in which a scant teaspoon of baking soda has been dissolved. Add two well-beaten eggs to the corn meal, then the melted lard, and three tablespoons of sugar. Stir in white flour until a batter a little thicker than cake dough is obtained, beat hard for several minutes, then sift in three rounded teaspoons of baking powder. Pour into muffin tins, or it may be baked in a dripping pan. Bake in a moderate oven from twenty minutes to half an hour.

Graham and Whole Wheat Muffins

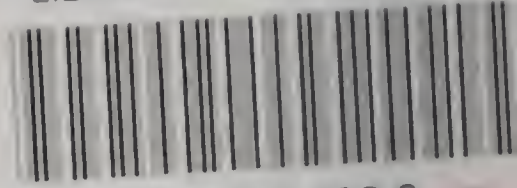
May be made after the above recipe, using two-thirds whole wheat flour to one-third white; from a third to a half graham flour to white, and they may be made up at once without standing. One-half cup of bran may be added if desired.

The eggs may be omitted for sake of economy, and half milk and half water, or all water used. When all water is used, an extra spoon of sugar may be added and a little more shortening.

If molasses is desired as a flavoring for breads, none but the best brands should be considered, and about half the quantity used, the ordinary recipe calls for. A little baking soda should be added to neutralize the acid in the molasses before adding it to the bread.



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